

**Appendix L:
Instructions and Recipes for the Observation Study**

Check-in Script

Welcome! My name is _____, and I'll be walking you through what you'll be doing as part of our study today.

Today you will be preparing two recipes: a salad and turkey burgers, and we will interview you after you finish cooking. The cooking and interview will last no more than 2 hours total. Before we start, I need you to read and sign the consent form. Please let me know if you have any questions or concerns. You will receive a copy of the form to take home. We have a few more items to prepare before you begin. While you wait, please watch this video (provide iPad, video depends on random number assignment for participant).

Observation Script

Hello, my name is _____, and I'll be walking you through what you'll be doing as part of our study today.

Today you will be preparing two recipes to test a new product formulation: a salad and turkey burgers. The recipes are provided on this card, one recipe is on the front and one is on the back. Prepare the foods in the order that you would usually do so at home. After preparing the recipes, please clean up the kitchen as you normally would at home. We will interview you after you are finished cooking. The cooking and interview will last no more than 2 hours total.

This is the area where you will be cooking. All the available utensils and dishes are in these drawers/cabinets (indicate). Feel free to use whatever you need. Please make yourself at home, you are welcome to use your phone to listen to music, or whatever you usually do when cooking at home.

Restrooms are located _____, and in case of an emergency, the exits are _____. The fire extinguisher is located _____, and the first aid kit is located _____.

Before you begin, do you have any questions?

If you have any questions or concerns while you're cooking, I will be in the office next door. _

Before you eat anything, please let us know when you are finished cooking by pushing this button. _____

[after cooking]

Now that you have finished the cooking portion of the study, we are ready to begin the interview. It should take no more than 20 minutes to complete. Do you need a break before we begin that portion? _____

[Note: The two recipes will be printed front-and-back on a laminated card.]

Turkey Burger Recipe

Ingredients

For the patties:

- 2 turkey burger patties
- Salt
- Pepper
- Garlic powder
- Onion powder

For serving:

- Hamburger buns
- Sliced tomato
- Sliced onion

Directions

1. Season the burger patties with salt, pepper, garlic powder and onion powder on both sides.
2. Cook the burgers at medium-high heat to your desired level of doneness.
3. Assemble cooked burgers with sliced tomato and sliced onion.

Chef's Salad

Salad Ingredients

- 2 stalks romaine lettuce
- Salt and pepper
- 1 cup dressing (recipe below)

- 3/4 cup shredded Swiss cheese
- 3/4 cup ham
- 1 hot house tomato

Dressing Ingredients

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1 shallot, minced
- 1 clove garlic, minced
- Salt and ground pepper to taste

Directions

1. Cut lettuce into bite-size pieces
2. Cut ham into matchstick-sized pieces
3. Dice tomato
4. Mix all ingredients together
5. Serve with dressing on the side